



A STUDY ON IMPACT OF LONELINESS ON ACCULTURATIVE STRESS OF THE MIGRATED FEMALE STUDENTS IN KOLKATA CITY.

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ABSTRACT

This study is aimed at determining the loneliness on acculturation of the migrated female students in Kolkata city. Loneliness is a complex and unique human emotion, it has different impact on each individual. Acculturation is psychological, social and cultural change that stems from blending between cultures. The stress arises from this transition is called Acculturative Stress. This study will examine the difference of loneliness, acculturation and the occurred stress from cultural transition of migrated female students on metropolitan city in Kolkata. The research is based both primary and secondary data, which has been collected from books, journals, websites, articles and reports. A total number of 100 female migrated student, using purposive sampling for collecting data, later probed with standardized questionnaire (with validity and reliability) to access the difference between loneliness and acculturative stress. Then using suitable statistics to analyze data, determine correlation and regulations of proper application of cultural liberty along with an appropriate academic climate.

KEYWORDS: Loneliness, Acculturation.

INTRODUCTION

Loneliness:

Loneliness is unpleasant emotional phase and its includes anxiety. Loneliness is challenging the happiness. But being alone and being lonely are not same. Loneliness has several causes, physical isolation, divorce, death of significant person in individual's life. Additional, 1). Loneliness is a symptom of Depression, 2). Lack of confidence, low level of self-esteem can lead chronic loneliness, 3). Loneliness also affected personality factor, for instance, Introvert people's are basically deal with loneliness. Also, economic burden can cause loneliness.

There are seven types of loneliness, they are following:

1. **New-situation loneliness:** When an individual moves to a new place, new city due to his/her job and faces the unfamiliar one. Then he/she is lonely.
2. **I am different loneliness:** When the people feel different from the other that make that people feel isolated. According to importance of an individual, there is found some differences between the likings of the other people and it makes that individual is lonely.
3. **No-animal loneliness:** When the people feel that without a pet, such as dog, cat and sometimes horse, they feel lonely.
4. **No Sweet heart loneliness:** Lack of romantic partner feels lonely as the individual has lots of family members and friends.
5. **Friends loneliness:** Friendship is the combination combined package of confide and thirst when there is missing any one of these, the person becomes lonely.
6. **Inactive presence loneliness:** An individual is inactive or passive member but the other is very active participants. This situation may feel lonely.
7. **Me-loneliness:** Sometimes the surrounded people are very busy in their lives and they have already lots of friends. This is this reason that they have no time to built a deeper connection to an individual and it makes him lonely.

According Pstman (2016), loneliness is "unpleasant experience that occurs when a person is network of social relations is deficient in some important way. Loneliness has been connected with depression as well as suicide (Marono, 2003). In the other hand alcoholism, quality of sleep, social alienation are the precipitant factors of loneliness (Time, com, 2012)

Psychological well-being includes the positive and balanced relationship with others in life events. It is a very subjective terms and it means satisfaction, self-actualization etc. Psychological well-being is a dynamic concept to ensure the positive outlook of life events. "There are six dimensions of wellness, i.e. physical, emotional, spiritual, intellectual, environmental and social.

1. **Physical:** There are some wellness programmes, such as regular exercise, sleeping well and proper nutrition etc.
2. **Emotional:** It includes the expression of one's thoughts and also absolute the others.
3. **Spiritual:** The understanding about the world of extra physical wellness beyond the present and real existence and experiences.
4. **Intellectual:** It is the concept of the mind which spreads away in everyday life situations and the individual is able to cope with this new

environment through continuing learning, problem solving, processing and creativity.

5. **Environmental:** It is all about the nature and the entire surroundings and the willness of the individual.
6. **Social:** It relates with the interaction and communication with other people.

These six factors of well being are developed by Carol Ryff (seifert, T.A., 2005). There are various areas in life events and psychological well-being determines happy married life, satisfied job performance, kindness, self-evaluation, meaningful relationships, optimism etc. (Mc Nulty, James K., Frank D., 2012). Psychological well-being makes less loneliness to the migrated students, according to study.

There are also some negative impact, i.e., unsatisfying relationships, negative social outcomes, perceived stigma, damage social context and other physical disabilities (Jackson, Sarh E., Jane, 2015). Also Mental and Physical Health that can be negatively affected by loneliness, they are: 1). Cardiovascular disease and stroke, 2). Poor decision making, 3). Decrease learning and memory ability, 4). Increase stress, 5). Alzheimer's disease, 6). Antisocial behavior, 7). Depression and suicidal tendency, 8). Increase alcohol consumption.

Acculturative Stress:

Acculturative stress is the psychological adaptation of a new culture. This type of stress refers to the response of the immigrants due to their experiences of acculturation. Acculturation is psychological, social and cultural change that stems from blending between cultures. In group level, acculturation happens due to customs, culture, religious practice, food habits, organizations etc. And at the individual level, the process of socialization in which the foreign born people adopt the norms, values, customs, behaviors and attitudes of the dominant culture (Zong, 2015). Stress level as well as physical health are also affected of the immigrants. There are some comparative notions about the stress levels and its outcomes in health care processing (Yosai, 2016). This type of stress is manifested in various ways, such as anxiety, depression, substance abuse and many mental and physical maladaptation (Davis, 2016). Five factors of acculturative stress is, 1). Language insufficiency, 2). Social isolation, 3). Perceived discrimination, 4). Academic pressure, 5). Guilt towards family. There are some sources that occur acculturative stress, they are: 1). Student with separation anxiety lead to high acculturative stress, 2). Depression, 3). Prejudice and stereotypes also the source of acculturative stress, 4). Cultural shock (Oberg, 1960), 5). Fear of deportation, 6). Socioeconomic status, 7). Excessive use of social media can lead acculturative stress.

According to John. W. Berry (1970), first, how a group and an individual perceived and understand the situation and use the acculturative strategies to coping with changes in the culture. There are four strategies of acculturation- 1. Assimilation occurs when the people adopt the cultural norm of a host culture. 2. Separation happens while individuals reject the dominant culture in favor of original one. 3. Integration occurs when people are parallel balanced the original and host culture. 4. Marginalization happens when individuals reject both and cultures. Later, individual or group concern about the concept of acculturative stress. Last, adaptation is the long term outcome of acculturation.

Acculturative stress can be significantly effect on physical and mental health. Many stressors can be impact on it, the impacted stressor is separated from family and lack of a community. Some symptoms of acculturative stress is, 1). Disorientation and loss of control, 2). Loss of habits and lifestyle, 3). Nostalgic, 4). Frustrated over language barrier.

To improve well-being, migrated students or worker using such coping strategies to develop and adapt changes in culture. Also, social support plays a huge role in acculturative stress development.

Aims and Objectives

The aims of the present investigation are:

- To find out the relation between loneliness and acculturative stress of the female students.
- To identify the factors which are related to loneliness.
- To identify the factors which are related to acculturative stress.

Methodology

The topic has been selected to know the impact of loneliness on acculturative stress on the female college students.

Research Hypothesis

In this step by step process the selected hypothesis is followed:

H1 There is a positive impact of loneliness on acculturative stress of female students in Kolkata city.

For this research, purposive sampling technique was used and the sample size was 100.

Sample

A group of 100 female students were selected from Kolkata city. Various factors are considered for this study are as follows:

Age : 17-23 years
Sex : Female.
Education : Higher Secondary to Post Graduation
Duration to Living : At least 2 years.

Tools Used

- General Information Schedule:** It consists of items like name of the institutes, duration of living, age, educational qualification etc.
- Revised UCLA Loneliness Scale:** It consists of twenty statements, the scale is using four point Likart scale. They are Never=1, Rarely=2, Sometimes=3, Often=4. Nine statements are obtained by reversing responses (e.g. – 1=4, 2=3, 3=2, 4=1) from twenty statements. The statement numbers are: 1, 5, 6, 9, 10, 15, 16, 19 & 20. After that, summing across scale statements.
- Acculturative Stress Questionnaire:** It consists of thirty six statements answerable along five fixed categories, viz., 'strongly disagree', 'somewhat disagree', 'neutral', 'somewhat agree' and 'strongly agree' where the scoring rationale is 1,2,3,4 5,4 and 5. There are seven domains in this questionnaire, viz., about your perception toward discrimination (item no. 1-8); about homesickness (item no. 9-12); about your perception toward hate/rejection (item no. 13-17); about fear (item no. 18-21); about culture shock/stress due to change (22-24); about your perception toward guilt (item no. 25-26); and about some other significant factors (item no. 27-36).

Statistical Treatment

In order to determine the different characteristic features of the female students regarding the General Information Schedule, frequency and percentages were calculated.

On the other hand, in order to find out the impact of loneliness on acculturative stress of the female students in Kolkata city, mean and S.D. Impact was found by applying Pearson r correlation.

Results and Discussion

	Mean	SD	Person's r
Loneliness	140.48	32.69	0.47
Acculturative Stress	55.04	14.92	

Table – 1: Mean, S.D. and Person's r of loneliness and acculturative stress

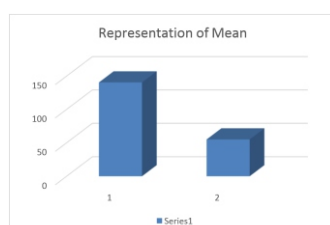


Table 1 Shows that mean of loneliness is slightly higher than the mean of acculturative stress. So the impact of loneliness almost regulates the acculturative stress. The obtained Pearson's product moment coefficient of correlation is showing that there is a positive and moderate impact of loneliness on acculturative stress of female students. So, the **Hypothesis- 1** is accepted that **there is a positive impact of loneliness on acculturative stress of the female students in Kolkata city.**

Major findings can be summarized as

- There is a positive impact of loneliness on acculturative stress was observed between the students of Kolkata city.
- Students enrolled in higher educational institutions during the academic year found that significant moderate positive relationship between positive psychological strengths and subjective well being, mentioning from hackers and educational encouragement from parents, siblings and friends.

Conclusion

The present study has revealed many important findings of loneliness victimization each independently contributed to elevated levels of acculturative stress.

The management and academic planners help to create a more healthy environment and build better facility for the migrated students.

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